

Don't give in to despair or self-hatred. There is hope and there is healing for men like me who have lost a child to abortion.
—Dave

myth

The best thing to do is to forget about it and move on. You can't change what happened. Healing programs don't help and just make you feel worse.

TRUTH

If you are a man who has lost a child to abortion, you know it is impossible to forget and you are paying a high price to repress those painful feelings and memories.

It's time to end your isolation and take the next step in your recovery.

The Silent No More Awareness Campaign has an Abortion Recovery Resource Page where you can find programs that have proven over time to bring relief and restoration to men and women after abortion. Visit **AbortionForgiveness.org** to start healing.

Take the next step and get the help you need. Opening this wound to the light of truth will bless your life and your family and business relationships.

— Kevin Burke, LSW-Pastoral Associate,
Silent No More Awareness Campaign & Rachel's Vineyard

1 Elliot Institute, **Forced Abortion-America's Forced Abortion Epidemic.** www.Afterabortion.org

2 Arthur B. Shostak and Gary McLouth with Lynn Seng, **Men and Abortion: Lessons, Losses, and Love.** New York: Praeger, 1984.

3 Kevin Burke, LSW, **Sharing the Heart of Christ.**

4 Dr David Reardon, **The Unchoice. Men Abortion and Suicide.** <http://www.theunchoice.com/Men/mensuicide.htm>

5 Elizabeth Ring-Cassidy, **Women's Health after Abortion: The Medical and Psychological Evidence.** December 2004. Chapter 16, Abortion: Its Effect on Men.



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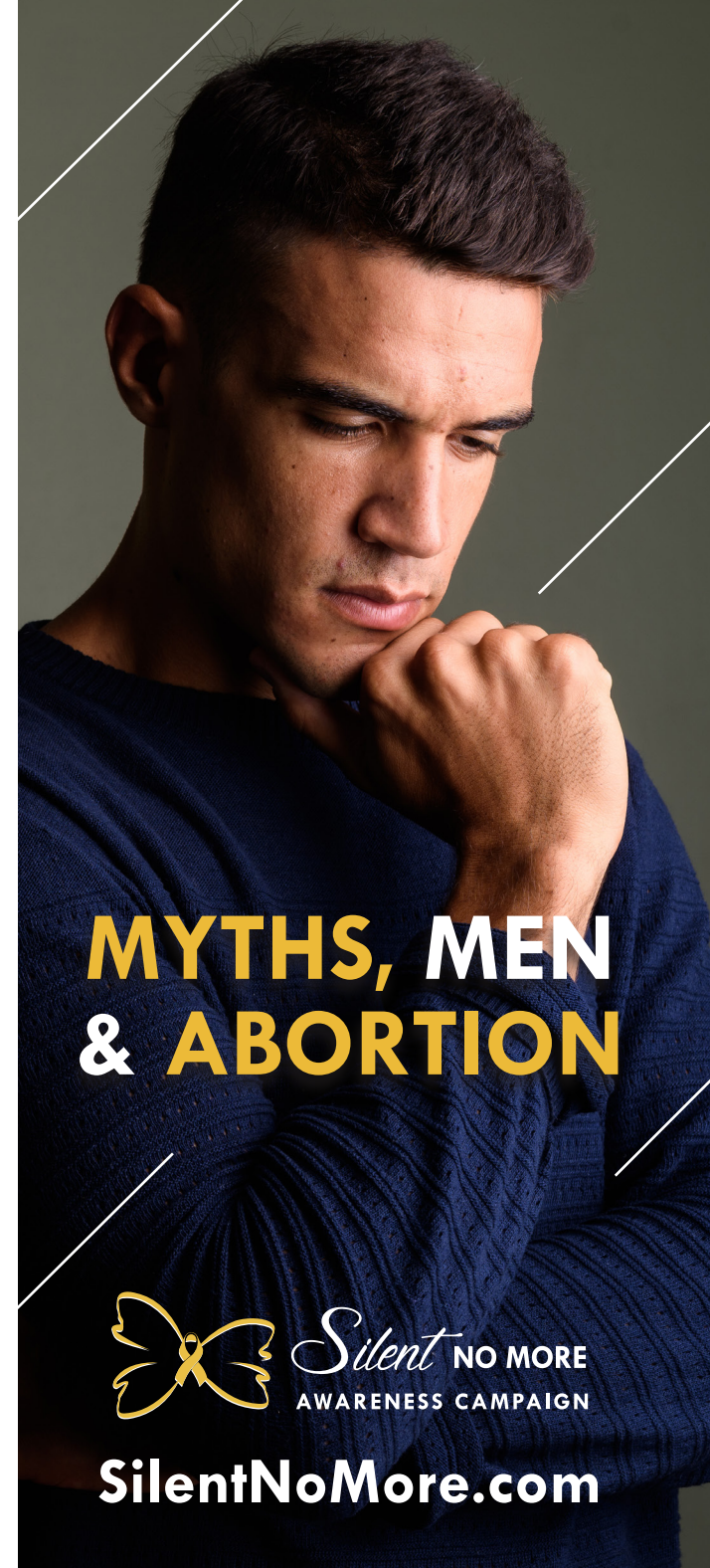
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Abortion is a private, personal decision between a woman and her healthcare provider.

TRUTH

In 95% of all abortions, the man plays a central role in the decision.¹

Since the abortion, I really don't let anyone get close to me because I don't want to let them down.

—John

myth

Men are fine after abortion...usually relieved. If there are any negative feelings about abortion they don't last long.

TRUTH

While it's true that there can be an immediate relief that the "crisis" has been seemingly resolved, the largest study of men after abortion revealed that most of the participants think about the abortion years after the procedure, and the child that would have been born.²

Many men shared grief and shame about their role in the abortion. It is very common to feel guilt, sadness, anxiety, and suffer from depression and insomnia. Painful feelings are often expressed by men as irritability and anger at loved ones and on the job.³

myth

Men hurting from abortion normally reach out and find help.

TRUTH

Men often do not talk about their abortion loss. Abortion is a painful secret suffered in isolation. This isolation and repression of painful memories and feelings leads some men to seek relief of their pain in sexual promiscuity, pornography, addictions, and high-risk behaviors.

myth

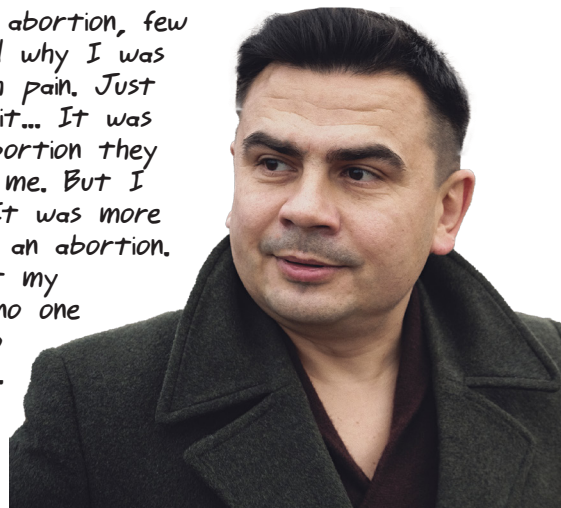
Abortion has no impact on a father's future relationship with his children.

TRUTH

Fathers who experienced abortion loss can experience confusion and guilt when later expecting a child. These feelings do affect men and can impact some men's capacity to bond with their children and be the best fathers and husbands they can be.

After my abortion, few understood why I was in so much pain. Just get over it... It was only an abortion they would tell me. But I couldn't. It was more than just an abortion. I had lost my child and no one seemed to understand.

—Jason



myth

Abortion is not a life-threatening event for men.

TRUTH

When a man is powerless to stop an abortion he does not want, or agrees to the procedure and later regrets it, he can be driven to life threatening despair, symptoms of post-traumatic stress disorder, and even suicide.⁴ Keep in mind that impulsive and self-destructive behaviors can be an outlet for the rage and powerlessness many men experience after abortion and may lead to injury and loss of life for men and those they love.

myth

Abortion has no impact on a man's future relationships.

TRUTH

Most relationships end after abortion. Abortion is a confusing experience of loss for a man that touches on the sensitive areas of sexuality, intimacy and parenthood. The unresolved feelings of shame, anger and grief can surface later when a man wants to share his life with another woman. Trust and intimacy can be a struggle leading to dysfunctional and failed relationships.⁵

“I've had a divorce, no current relationship with my two living sons, countless unfinished projects, and several jobs that I left before true success — mainly because I never felt I deserved it.”

—Juan

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